Zoë Snyder

Block 4

Of Insomnia

Insomnia serves for deprivation, for aggravation, and for insanity. Its chief effect through deprivation is in emptiness; in aggravation, it stalls stubbornly; and in insanity, it creates delight. For rested men can enjoy their apathy, and rouse themselves sluggishly; but the best entertainment and the highest beauty comes from those who cannot succumb. To spend too much time asleep is sloth; to attempt to force oneself to bed is tedious; to accept one’s fate and live on is to unfold the world. Remain awake not to search and despair; nor to work and write; nor to pry for answers and seek riddles for yourself; but to rest when you may. Slumber maketh a full man; struggle a frustrated man; and consciousness an enlightened man. And therefore, if a man sleeps little, and only when he can, he need not fight; but if a man welcomes apathy, he need not enjoy enlightenment: and if he resists enlightenment, he needs courage enough, as the search for truth has proved too much for him.